

## Pengaruh internal health locus of control terhadap aktivitas fisik pada mahasiswa yang menderita asma = The effect of internal health locus of control on physical activity in college student with asthma

Zeni Hadiqoh, author

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### Abstrak

#### **ABSTRAK**

Asma adalah penyakit kronis. Penderita asma membutuhkan pengobatan supaya asmanya tetap terkontrol. Aktivitas fisik merupakan salah satu cara untuk menjagaketerkontrolan asma. Aktivitas fisik dipengaruhi oleh internal health locus of control. Internal health locus of control melihat bahwa penguatan atas hasil kesehatannya dipengaruhi oleh perilaku seseorang. Penelitian ini bertujuan untuk melihat pengaruh dari internal health locus of control terhadap aktivitas fisik. Analisis data menggunakan teknik statistik regresi linear. Dari 196 partisipan, ditemukan bahwa tingginya internal health locus of control tidak berpengaruh secara signifikan pada peningkatan aktivitas fisik pada mahasiswa yang menderita asma  $F_{196} = 0,123$ ,  $p > 0,05$ , dimana varians aktivitas fisik hanya dapat dijelaskan sebesar 0,5 oleh internal health locus of control. Berdasarkan hasil penelitian, dapat disimpulkan bahwa internal health locus of control tidak mempengaruhi aktivitas fisik pada mahasiswa yang menderita asma. Peningkatan internal health locus of control tidak berpengaruh terhadap tingginya aktivitas fisik yang dilakukan oleh mahasiswa yang menderita asma. Kata kunci: Aktivitas fisik, internal health locus of control, mahasiswa yang menderita asma

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Asthma is a chronic illness. People with asthma need certain treatments in order to remain controlled. Physical activity is one of them. Physical activity itself is influenced by internal health locus of control. Internal health locus of control explains that reinforcement about health outcome may be perceived as either contingent upon one's behavior. This study aimed to examine the effect of internal health locus of control toward physical activity in college student with asthma. Data analysis was performed using the statistical linear regression analysis. From 196 participants, it was found that high level of internal health locus of control did not have any significant effect toward the increase of physical activity in college student with asthma  $F_{196} = 0,123$ ,  $p > 0,05$ , where 0,5 of physical activity was explained by internal health locus of control. According to this study, it was concluded that internal health locus of control cannot predict physical activity in college student with asthma. The higher of Internal health locus of control also did not have significant effect toward the increase physical activity in college student with asthma. Keyword Physical activity, internal health locus of control, college student with asthma.